



Physical Activity and Nutrition Task Force Meeting

Friday, March 18, 2016
9:00am-10:00am
Cudahy Health Department

1. Announcements
 - a. The health department is submitting a letter of intent and hopes to be invited to apply for a grant through the UW-System. The grant will fund efforts to implement a systematic program to reduce childhood obesity rates. The curriculum is called *EatPlayGrow* and incorporates various learning techniques to teach children ages 2-5 about healthy eating and physical activity.
2. Kelly Senior Center: Educational Outreach update
 - a. The task force decided to host a series of educational outreach efforts in place of providing outreach every-other month.
 - b. Dianna at the senior center confirmed the dates, times, and series plan will work and is looking forward to our series.
 - c. The series will be called "Your Health Lunch N' Learn Series". It will run May-September at 11:00AM on the 3rd Tuesday of each month.

Your Health Lunch N' Learn Series			
Month	Topic	Presenter	Presenter confirmed?
May	Stroke	Health Department	Y
June	Fit Foot	Allie/Athletico, Physician/Wheaton (TBD)	In progress
July	Diabetes	Health Department	In progress
August	Spices/Herbs	Health Department, Physician/Wheaton (TBD)	In progress
September	Geriatric Depression	Physician/Wheaton (TBD)	In progress

Tasks: Allie and Lynn are contacting their marketing departments to get logos for flyers and poster to present at Kelly Senior Center.

3. Farmer Market Scavenger Hunt/Passport drafts
 - a. There is a children version and adult version.
 - b. The task force decided to call the documents “passports”. They will be available for distribution once each month when the health department is participating in the market. The instructions for use of the passport are still being developed, but we are looking to have one entry per adult/child and offering an incentive at the end of the farmers market season.
 - c. Incentives were discussed. We will look in to see if a farmers market vendor or collection of vendors will be willing to donate a prize for an adult and a child winner during the last week of the market.
4. Dog Park/Community Walk Event Discussion
 - a. Due to time, this discussion will be brought up at the April meeting.
5. Final report on Mental Health & Substance Abuse: An Honest Conversation.

The event was successful and left the crowd with a powerful message. 30 participated were at the discussion. Presenters included: Law Enforcement (Joe Zblewski, Steve Kaminski), Cudahy School District (Kristin Hinze), Aurora (Paul Zenisek), and Rise Together Group (Anthony & Doug). Resource packets were provided for all participants.

Next Meeting:

April 15, 2016 (Always the Third Friday of the month.)

9:00 AM – 10:30 AM Cudahy Health Department



Public Health
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Cudahy Health Department